

"Celebrating 40 Years of Caring"

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</p> <p>For Reservations/ Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance.</p>	<p>Come Join Us On Tuesdays for our Ethnic Meal Series!</p> 	<p>1 Sodium (mg): Na⁺</p> <p>Meatloaf with 240 Mushroom Gravy 148 Garlic Mashed Potato 62 Peas/Portobello Mushrooms 80 Multigrain Bread 190 Peaches 5</p> <p>Total Sodium: 725 Calories: 530 Carbs: 84</p>	<p>2 Sodium (mg): Na⁺</p> <p>Honey Mustard Chicken 481 Florentine Rice 112 Asparagus 26 Potato Bread 160 Pears 4</p> <p>Total Sodium: 782 Calories: 438 Carbs: 56</p>	<p>3 Sodium (mg): Na⁺</p> <p>"Catch of the Day" 60 Herb Sauce 76 Roasted Potatoes 33 Brussel Sprouts 12 Honey Wheat Bread 65 Lemon Pudding 174 Diet: Diet Pudding 110</p> <p>Total Sodium: 419 Calories: 446 Carbs: 65</p>
<p>6</p> <p>Chicken w/ Pesto 320 Cream Sauce 70 Whipped Sweet Potato 33 Fall Vegetables 15 WW Bread 160 Applesauce 20</p> <p>Total Sodium: 618 Calories: 432 Carbs: 65</p>	<p>7</p> <p>Sweet n' Sour Pork 75 Asian Rice 92 Oriental Vegetables 26 Dinner Roll 160 Pineapple 1 Fortune Cookie 2</p> <p>Total Sodium: 357 Calories: 537 Carbs: 70</p>	<p>8</p> <p>Mini Raviolis w/ Tomato Sauce 400 Parmesan Cheese 55 Italian Blend 108 WW Roll 26 Ambrosia 160</p> <p>Total Sodium: 759 Calories: 517 Carbs: 71</p>	<p>9</p> <p>Turkey Tetrizzini w/ Egg Noodles *518 Carrot Coins 77 Multigrain Roll 190 Chocolate Pudding 191 Diet: Diet Pudding 110</p> <p>Total Sodium: 975 Calories: 548 Carbs: 82</p>	
<p>13</p> <p>White Chili w/ Chicken 121 White/Brown Rice 36 Mixed Vegetables 41 Oatmeal Bread 121 Apricots 6</p> <p>Total Sodium: 324 Calories: 372 Carbs: 61</p>	<p>14</p> <p>American Chop Suey 211 Green Beans 3 Dinner Roll 160 Fresh Apple 5</p> <p>Total Sodium: 379 Calories: 443 Carbs: 65</p>	<p>15</p> <p>Cream of Corn & Celery Soup 130 Portuguese Chicken 420 O'Brien Potatoes 117 WW Roll 160 Mixed Fruit Cup 10</p> <p>Total Sodium: 837 Calories: 560 Carbs: 72</p>	<p>16</p> <p>Turkey w/ Gravy 430 Cranberry Sauce (2) 16 Garlic Mashed Potato 63 Winter Squash 13 Multigrain Bread 190 Apple Pie 190 Diet: Angel Food Cake 210</p> <p>Total Sodium: 902 Calories: 740 Carbs: 129</p>	<p>17</p> <p>Potato Pollock 150 Tartar Sauce 261 Potato Wedges 27 Roman Blend 26 Scali Bread 190 Banana 1</p> <p>Total Sodium: 655 Calories: 634 Carbs: 85</p>
<p>20</p> <p>Mac n' Cheese 403 Tomato Florentine 121 Peas & Mushrooms 133 Oatmeal Roll 121 Mixed Fruit Cup 10</p> <p>Total Sodium: 788 Calories: 657 Carbs: 89</p>	<p>21</p> <p>Unsalted Saltines 56 Minestrone Soup 239 Chicken Bruschetta 394 Italian Pasta 1 WW Roll 160 Pears 4</p> <p>Total Sodium: 854 Calories: 586 Carbs: 80</p>	<p>22</p> <p>Swedish Meatballs 376 Confetti Rice 43 Asparagus 32 Multigrain Bread 190 Fresh Orange 0</p> <p>Total Sodium: 632 Calories: 594 Carbs: 75</p>		<p>24</p> <p>Sausage w/ Peppers & Onions *520 Pasta Alfredo 116 Mini Sub Roll 162 Oatmeal Raisin Cookie 171 Diet: Graham Wafer 85</p> <p>Total Sodium: 736 Calories: 969 Carbs: 94</p>
<p>27</p> <p>Shepherd's Pie 283 Green Beans 3 WW Roll 160 Cinnamon Apples 4 String Cheese 170</p> <p>Total Sodium: 620 Calories: 661 Carbs: 83</p>	<p>28</p> <p>Seafood Casserole w/ Scallops *569 Fluffy Rice 36 Peas & Carrots 80 Oatmeal Bread 121 Banana 1</p> <p>Total Sodium: 807 Calories: 494 Carbs: 71</p>	<p>29</p> <p>Chicken La'Orange 391 Scalloped Potatoes 185 Brussel Sprouts 12 Multigrain Bread 190 Mini Red Velvet Cake 230 Diet: Low Sugar Cake 210</p> <p>Total Sodium: 1008 Calories: 640 Carbs: 73</p>	<p>30</p> <p>Western Omelet w/ Cheese Sauce 312 Hash browns 136 Broccoli Florets 12 Fruit Loaf 102 Peaches 5 Greek Yogurt 90</p> <p>Total Sodium: 657 Calories: 568 Carbs: 67</p>	<p>All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium</p>

Meals are based on a No-Added Salt (3-4 gm/day) Diet for Healthy Older Adults : * Indicates a food with more than 500mg sodium
"Catch of the Day" will vary based on availability : Menu is subject to change without notice

Your voluntary \$2 donation today, provides more meals tomorrow.